

## **Tongue tie**

Release of tongue tie is performed in clinic or theatre depending on the age of the baby. The latter usually for babies over 3 months of age. The procedure involves snipping the tongue tie with scissors which is painless and causes very little bleeding. The baby is breast fed after the procedure and the effect is usually noticed immediately. No antibiotics are needed. The snipped area will turn into a whitish spot after one week and heals very well in a few days. Following the procedure, an input from a lactation consultant is always recommended.